



The countryside charity Avonside

[CPRE Avonside](#) – the Countryside Charity is holding a free star gazing event on Thursday 27th February in Hutton and is inviting anyone who might be interested in learning more about the night sky and light pollution to come along.

This event is the first in a series being held across Avonside, between February and July 2020 to give people the chance to reconnect with the night sky and experience stargazing close to home. They provide opportunities for local groups, families, and young people - including those from urban areas - to engage with the night sky and learn more about the harmful effects of light pollution through a series of stargazing sessions, talks, workshops, and space-themed activities. Not only will they help to connect people with our great outdoors, and the sheer size and beauty of the universe (the benefits of this for well-being are well-known), but they will highlight the effect of light pollution on our view of the night sky, as well as its harmful impact on our own health, on the countryside and to wildlife.

The first stargazing session which will include taking part in the national annual CPRE star count will be hosted at Hutton Village Hall (BS24 9SN) on Thursday 27th February from 6.30pm until 8.30pm. There will be free space themed activities and star gazing running throughout the evening from Jo Richardson of [Space Detectives](#) and [Wells and Mendip Astronomers](#) and a fascinating talk from TV wildlife expert Chris Sperring MBE starting at 7pm. Let us know you are coming by registering [here](#) – or just drop in on the night. All we ask in return is that you try and car share and bring a mug for your tea. Remember to wrap up well!

Notes to the editors

1. Details of the CPRE's Night Blight campaign and light pollution mapping can be found on the CPRE website: <https://www.nightblight.cpre.org.uk/>
2. Disruption of melatonin production discussed in a study published as part of 'Light pollution and human health' by Steven W Lockley Ph.D. in British Astronomical Association's *Campaign for Dark Skies: Blinded by the Light? A handbook on light pollution* <http://www.britastro.org/dark-skies/pdfs/HANDBOOKTEXT.pdf>